

what's happening
to my body?



 **Alcohol:**
the whole truth

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Health Problems

- Alcohol is processed by the body in the liver. On average it takes one and a half hours to process one standard drink
- Over time drinking too much can lead to liver damage, cancer, damage to the heart, high blood pressure, brain and nerve damage

what happened?



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Injuries

- Alcohol is a depressant which slows down the body and brain including vision, coordination and balance.
- When someone drinks too much they might lose their balance, stumble, fall, and injure themselves



I wish we were still friends



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Losing Friends

- **Drinking alcohol can change the way you act which can effect relationships with friends or your girlfriend/boyfriend**

You (or they) may:

- **Choose different friends to hang out with**
- **Act differently**
- **Embarrass or offend a friend**



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Mental Health

- **Drinking alcohol may result in mental health disorders such as depression, suicide, anxiety, violence, hallucinations etc.**



that looks dangerous!

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Risky Behaviours

- **Drinking alcohol lowers inhibitions (don't think before you act), decreases concentration and the ability to make good decisions**
- **This can lead to risky behaviours such violence and fighting, or you may say or do something that you'll regret later**